

# ROTOVUE

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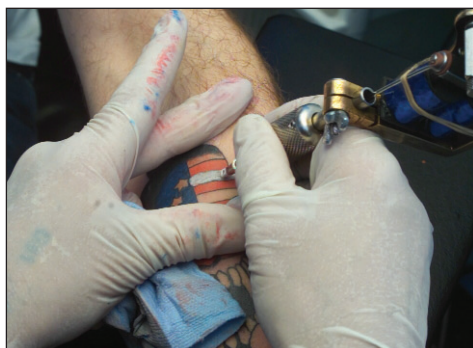
Feb. 25, 2004

Vol. 43 No. 4

**HMM-263 begins  
training workup..Pg. 3**



**Know the regs before  
you get inked.....Pg. 8**



**Spice up your physi-  
cal training.....Pg. 10**



## Top it off

*See page 2 for more  
information*

Sgt. Juan Vara

# FLIGHTLINES

## Insurance Resolution

A recent investigation conducted by the Camp Pendleton Staff Judge Advocate concluded that last year, certain agents of the Pioneer American Insurance Company violated various Department of Defense regulations.

Based upon the investigation, Pioneer has agreed to refund, upon request, all monies it received for policies that were sold to Marines at Camp Pendleton from March through December 2003.

Marines who purchased a policy during that time frame may receive a refund if the policy has not lapsed for non-payment and a notice of cancellation is submitted to Pioneer no later than June 8. This 120-day period will be suspended for an equal number of days that a Marine is deployed outside the United States.

To cancel a policy and obtain a refund, Marines must complete the notice of cancellation letter prepared and published at: <http://www.usmc.mil> under Current Legal Advisories for Marines. Print the completed notice before the applicable deadline and fax it to Pioneer at (254) 297-2709, Attn: Ms. Dei Casiano.

Although Marines are urged to fax their notices to Pioneer, they may instead mail the notices to: Pioneer American Insurance Company; P.O. Box 240; Waco, Texas 76703-0240; Attn: Ms. Dei Casiano. Such notices should be sent by certified mail with return receipt requested.

Thereafter, Pioneer will attempt to refund, within 30 days of receipt of the notice, all monies paid under the policy. The refund check will be mailed from Pioneer to the Marine at the address the

Marine provides in the notice.

Marines are encouraged to contact their local legal assistance office about this matter.

## Kudos to MALS-29

New River-based non-commissioned officers from the "Wolverines" of Marine Aviation Logistics Squadron-29 took three of five top awards at the Corporal Leadership Course completed at Cherry Point Feb. 13.

Cpl. Shane G. Gribbon, a Tonawanda, N.Y., native, was named an honor graduate with a 96.10 grade point average, while Williamsport, Penn.'s Cpl. Chadden M. Packer scored a perfect 300 on the physical fitness test, earning the course's physical fitness award.

Cpl. Christopher R. Poole of Midland, Texas, received the class Motivation Award.

Sponsored by the Quantico-based Marine Corps Association (MCA), the Corporal Leadership Course awards are but a few of the 7,500 plaques, certificates and warrior mementos handed out by the organization annually.

## All-Marine Women Sports

The Headquarters Marine Corps Semper Fit Program is seeking resumes for the All-Marine women's sports team.

Resumes for the All-Marine Women's Basketball, Soccer, Softball and Volleyball teams will be accepted until the start of the All-Marine trial camps.

Marines interested must submit a resume. Sample resumes can be found at <http://www.usmc-mccs.org>.

Resumes must contain command endorsement stating

the Marine will be made available to attend all events if selected.

Marines stationed at a command with a local Marine Corps Community Services Semper Fit program must also send their resumes through the Semper Fit athletic director.

All-Marine trial camp dates and sites are: Basketball, March 13 - April 1 at Marine Corps Air Station Miramar; Soccer, April 17 - May 7 at Marine Corps Base Quantico; Softball, Aug. 21 - Sept. 12 at MCAS New River and Volleyball, April 24 - May 16 at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

For more information contact Steve Dinote or Jim Medley at (703) 784-9542 or your local Semper Fit athletic director.

## Air Show Poster Contest

The 2004 "Sounds of Freedom" Air Show is upon the Air Station once again. In the spirit of the festivities, Marine Corps Community Services is holding a poster contest.

The winner will receive a \$200 cash prize, a DVD player and 10 poster reproductions.

Entries should be no larger than 17"x22" and include the following information: 2004 "Sounds of Freedom" Air Show, September 17-19, MCAS New River, N.C. Other words that the artist feels appropriate may be added to the poster as well.

All entries should be submitted no later than April 31 to MCCS, building AS-208. All entries must be submitted with a completed entry form.

For complete rules and an entry form contact Jeannie Klezars, MCCS marketing director at 449-6781 or e-mail [klezarasj@usmc-mccs.org](mailto:klezarasj@usmc-mccs.org).

## Marine of the Year

The Marine Corps Times is currently accepting nominations for the Marine Corps Times Marine of the Year Award. The award honors the Marine who best embodies the finest qualities of the men and women serving in the Marine Corps.

The awardee will be recognized at a ceremony on Capitol Hill.

The nominee should be a Marine who is always ready to lend a hand, who sees what needs to be done and unselfishly does it, or a person who inspires and motivates others to be better people.

The deadline for nominations is April 7.

Nominations may be submitted: online at [www.marinecorpstimes.com](http://www.marinecorpstimes.com), e-mailed to [marines@marinecorpstimes.com](mailto:marines@marinecorpstimes.com), mailed to Marine Corps Times Marine of the Year Award; Marine Corps Times; 6883 Commercial Dr., Springfield, Va. 22159 or faxed to (703) 642-7325, Attn: Marine Corps Times Marine of the Year Award.

## On the cover

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** -- "Untouchables" from the Airfield Operations Division of Marine Wing Support Squadron-272 along with Marines from 8th Engineer Support Battalion, "hot" refuel an AH-1W Super Cobra from the "Gunrunners" of Marine Light/Attack Helicopter Squadron-269 while conducting crosstraining Jan. 28 at a four point Forward Arming and Refueling Point set up aboard Tactical Landing Zone Albatross here.



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Col. Stephen L. Forand

**Executive Officer**  
Lt. Col. Karl S. Elebash

**Sergeant Major**  
Sgt. Maj. Lewis Summerville

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If you have any comments or suggestions you may also contact the public affairs office at (910) 449-6196 or fax (910) 449-6478.



# II MEF lays down law

**Lt. Gen. Henry P. Osman**  
II MEF commanding general

In December, I addressed the staff and officers of II Marine Expeditionary Force, briefing them on operational issues, ethical conduct and the military justice system. I noted that 2004 would prove to be as operationally challenging as 2003. I described the commitments I saw on the horizon and asked that the officers share this information with their Marines. I emphasized that commanders should ensure all Marines were notified as soon as possible when units or individuals were identified for deployment. This is an important ingredient in ensuring readiness.

Another readiness issue I discussed was that of maintaining good order and discipline in our units. I reminded all that strong moral values, ethical conduct and positive leadership were imperative for operational success, the

continued health of our Corps, and have the side benefit of helping to maintain morale and discipline. I noted that a key tool available to the Corps' leadership to help ensure good order and discipline and to uphold our Corps' values was our judicial system. I asked that every leader involved with the military justice system exercise the highest moral integrity while using their own personal judgment and that they address each military justice case on its own merits.

I emphasized the importance of testifying and deciding according to one's own conscience unfettered by outside influences. During these challenging times with many of our Marines and Sailors deploying in harm's way, it is important that all understand and support those standards, values, and institutions which are so important to the continued welfare of our Marines and the overall health of our Corps.

In January 2004, I issued a Military Justice Policy letter, which follows:

The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States. As Marines and Sailors of II Marine Expeditionary Force, we must ensure that justice and fairness guide our every action when it comes to the military justice system.

Each individual case within the military justice system is unique. I expect commanders to evaluate each case on its own merits and exercise their own personal judgment in evaluating evidence and determining appropriate actions. Convening authorities should consider all relevant factors including the possibility of rehabilitation, the deterrent effect of the sentence

and all matters relating to clemency. I likewise expect court or board members to use their own judgment and experience in determining judicial or administrative results. Witnesses should feel free to testify according to their own conscience without fear of retribution. Each Marine or Sailor must decide for himself or herself what action to take in individual cases, unfettered by outside influences.

This does not preclude commanders from training their subordinates in leadership and our Core Values. In fact, strong moral values and leadership have the beneficial result of preventing misconduct. This policy does not infringe on the responsibility of a commander to exercise command.

Each of us has sworn an oath to defend the Constitution of the United States. The right to due process of law is one of the foundations of the Constitution. I expect each of you to be committed to our Constitutional values.

## HMM-263 begins training with 24th MEU

**Capt. David E. Nevers**  
24th Marine Expeditionary Unit public affairs officer

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** -- The 24th Marine Expeditionary Unit assumed operational control of its ground, air and logistics elements Friday, inaugurating an intensive six-month training period designed to prepare the MEU for its scheduled deployment in August.

At an activation formation at W.P.T. Hill Field, all 2,200 of the unit's Marines and sailors came together for the first time as the MEU welcomed to its ranks Battalion Landing Team 1st Battalion, 2nd Marines, Marine Medium Helicopter Squadron-263 (Reinforced) and MEU Service Support Group 24.

The commander of II Marine Expeditionary Force, Lt. Gen. H. P. Osman, told the assembled Marines that the training ahead will be arduous but essential to the MEU's success.

Citing the ongoing war on terror and acknowledging the difficulty in predicting where American attention will be required next, he said the MEU's ability to rapidly respond to a crisis might be needed sooner than expected.

"Things are bubbling right now in a nation in our own hemisphere, and ... you're the Marines I'm going to be looking at to possibly answer that contingency," said Osman, alluding to growing civil unrest in Haiti that has already claimed dozens of lives and that threatens to topple the president of the impoverished island nation, Jean-Bertrand Aristide.

As Marines prepare to return to Iraq to relieve

Army units, Marine commanders have stressed that their effectiveness will be measured in large part by how skillfully they alternate between the velvet glove and the iron fist.

Over the next six months, the MEU will train for a variety of missions it might be called upon to accomplish abroad, such as the evacuation of non-combatants, the seizure of a port or airfield, or the recovery of a downed pilot or aircraft.

While the MEU will conduct much of its training, the schedule also includes exercises at Fort A.P. Hill near Richmond, Va., and in Morgantown, W.V., where the MEU will hone its skills at operating in an urban environment. Additionally, the MEU will execute several sea drills aboard the amphibious assault ships Saipan, Oak Hill and Trenton, the naval vessels that will transport the MEU during its deployment.

Besides the three ships of the traditional Amphibious Ready Group, the MEU will float alongside the imposing presence of a cruiser, destroyer, frigate and attack submarine, providing added firepower in what is called an Expeditionary Strike Group.

The ESG the Marine Corps and Navy maintain is a dramatic

improvement in warfighting capability, enhancing each MEU's punch and distributing the Navy's firepower more widely across the globe.

The 24th MEU last departed Camp Lejeune in August 2002. During its nine-month deployment, which included two extensions, the MEU participated in operations in Kosovo and Iraq before returning home in May 2003.



Sgt. Zachary A. Bathon

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** -- Lt. Col. Timothy A. Maxwell (front), 24th Marine Expeditionary Unit operations officer, and Lt. Col. Vinny Coglianese, MEU Service Support Group 24 commanding officer, unfurl their elements' guidons during a ceremony at W.P.T. Field on Friday.

# Station celebrates Black History Month



Sgt. Juan Vara

**Herman Willie Smalls-Rhett, a Montford Point Camp Marine, and guest speaker at the Black History Month luncheon receives a certificate of appreciation from Sgt. Maj. Lewis L. Summerville, Station sergeant major, at the Station Enlisted Club on Thursday. Smalls-Rhett talked about the contributions Montford Point Camp Marines made toward the advancement of the United States.**



Sgt. Juan Vara



# Servicemembers get free education

**Cpl. Wayne Campbell**  
correspondent

Sir Francis Bacon, a 17th century author, may have said it best when he quipped "knowledge is power," and with the Department of Defense's 100 percent tuition assistance in full effect, the power of knowledge has never been easier to achieve.

"The hardest and the first thing to do is walk through the door of the education office to get everything started," said Bill Peck, Station education counselor and Williamsburg, Penn., native.

Once the servicemember arrives at the education office, one of the counselors completes a screening form to find out if the individual has any college credits within the past five years. If there have been college courses, a copy of the transcripts are needed.

"While filling out the screening form, we will schedule the individual for a College 101 class," said Peck. "The class teaches individuals how to fill out all the tuition assistance forms and how to get the most out of their college experience."

Lance Cpl. Andrea E. Shaw, Marine Aviation Logistics Squadron-26 aviation ordnance systems technician and Layton, Utah, native, described the class as informative for servicemembers who have not been through the process before.

The College 101 classes are held Wednesdays from 11:30 a.m. till 12:30 p.m., according to Peck.

If the future student has not attended college in the last five years, he is required to take a test to determine his educational levels.

"The test consists of four parts: reading, language, math and spelling," explained Peck. "A score of 11.5, which is equivalent to a high school education, or higher, is required to be able to take classes in each subject."

According to Peck, once the test is taken and the results are received by the counselors, the next step is to pick the college that best fits the educational needs of the student.

"There are many colleges for the students to choose from," said Peck. "Some of them have certain entrance requirements, so it is best to visit the

school's counselor before choosing a college."

Once a college is chosen, the student must take the school's placement test and then register for classes.

When the student has registered, a tuition assistance request form must be completed and returned to the education office.

"The last step in the whole process is to go to school," said Peck.

According to Shaw the process is simple.

"The hardest part is getting all the information that is needed to start the tuition assistance," said Shaw. "The whole process only took me about two weeks to complete."

Tuition assistance is not the only thing the education office here has to offer.

"We have an apprenticeship program that allows servicemembers the chance to earn a journeyman certificate by the time they leave the service," said Peck. "It is a very simple process. The individual brings in a copy of their page three (education page) from their service record book and fills out a

counseling sheet."

According to Peck, more than 300 military occupation specialties are eligible for the program.

The servicemember then fills out a time sheet for hours worked and turns in a copy signed by their staff-non-commissioned-officer-in charge every six months.

"All they have to do is show up to work," said Peck.

Once the time requirements have been met, the Department of Labor will send a certificate to the Marine stating that they have fulfilled the requirements to become a journeyman in their skill.

"This is a great program because in the civilian world, a person will spend years under a master being evaluated and tested to reach the same level a Marine can get by just showing up to work," said Peck.

Getting an education in the Marine Corps may help, not only with promotions, but it may also boost competitiveness in the civilian job market when the time comes to separate from military service.

## Supplements: Getting the edge

**Lance Cpl. Steven R. Sawyer**  
correspondent

What would you do to win?

Some questions don't have easy answers. It is simple to say that you would do anything, or that you would never do anything that wasn't considered right, but in the end, it is this same test of conviction which draws so much controversy in all public competitions.

It is called the "edge." That something extra, whether tangible or not, allows you to overcome the opposition.

Because of the nature of the Marine Corps, physical fitness is important. It helps maintain readiness, boosts morale, and can also be the defining reason behind being selected or passed over for promotion. So it is only natural that Marines, who are taught to be the best in all situations, seek that "edge."

Though some Marines use supplements to help increase their Physical Fitness Test scores, many do not know these same products cannot only be dangerous, but also illegal.

"If there's any doubt or any question that a supplement is illegal, ask," said Staff Sgt. William H. Wallace, the substance abuse control officer for the station Headquarters and Headquarters Squadron and a native of Fort Hood, Texas.

The use of steroids and other illegal enhancers can result in an immediate discharge from the Marine

Corps, said Wallace.

However, with so many distributors claiming to produce "legal" enhancers, many are still tempted to take the risks.

According to Wallace, a number of manufacturers are redesigning previously banned steroids in order to sell them as a different and "legal" product. However, the chemicals that show up on urinalysis tests and cause failures are not always removed.

Lance Cpl. Christopher J. Henderson, an administrative clerk at the Installation Personnel Administrative Center here, recently looked into "legal" enhancers.

"I was looking for something to give a quick edge in PT," said Henderson, a Baton Rouge, La., native, who has tried various supplements before but wanted more results.

"I did all the research because I was preparing to put this stuff in my body," said Henderson.

In this process, Henderson came upon several companies advertising exactly what he was looking for: a legal way to make noticeable gains.

"Advertising isn't always accurate," said Wallace. "I wouldn't recommend (Marines) buy supplements from magazines."

"You need to examine the label, know what's in there and research the products," said Wallace. Even then the terminology can be so confusing that many are still fooled.

"Before (Marines) buy something over the counter, they need to seek advice from their unit SACO," said Wallace.

"You have to make sure it's okay with your command," said Henderson. "Ignorance isn't an excuse."



Lance Cpl. Steven R. Sawyer

**There are a variety of supplements and enhancers on the market.**

# Courts-Martial

A lance corporal from Marine Medium Helicopter Squadron-365 was found guilty at a special court-martial Feb. 2 for one specification of violation of Article 86, absence without leave, and two specifications of Article 112a, wrongful use of marijuana.

Punishment: Bad conduct discharge, 30 days confinement, reduction to E-1 and forfeiture of \$794 per month for one month.

A corporal from Marine Aviation Logistics Squadron-29 was found guilty at a special court-martial Feb. 2 for one specification of violation of Article 92, failure to obey order or regulation, one specification of Article 107, false official statement, two specifications of Article 112a, wrongful use and possession of marijuana, and one additional charge of Article 112a, wrongful use of marijuana.

Punishment: Bad conduct discharge, 90 days confinement, reduction to E-1 and forfeiture of \$794 per month for three months.

A lance corporal from MALS-29 was found guilty at a special court-martial Feb. 4 for two specifications of violation of Article 86, absence without leave, one specification of Article 108, destruction of military property, and one specification of Article 134, communicating a threat.

Punishment: 75 days confinement, reduction to E-1 and forfeiture of \$700 pay per month for three months.

A corporal from Marine Wing Support Squadron-272 was found guilty at a special court-martial Feb. 4 for one specification of violation of Article 86, absence without leave.

Punishment: 120 days confinement, reduction to E-1 and forfeiture of \$400 pay per month for two months.



# From flat black chevrons to gold and red bars

**Sgt. Juan Vara**  
correspondent

Climbing the rank ladder is something most Marines want to do. In certain cases promotions to the next rank are a given, but moving into the warrant officer ranks and leaving the world of enlisted Marines behind is a whole different ball game.

Warrant Officer Scott A. Plumb, utilities officer at Marine Wing Support Squadron-272 and Hedgesville, W.V., native, pinned the gold and red bars on his collar Feb. 2. The best advice he can give for anyone who wants to be appointed as a warrant officer is to plan ahead.

"A newly promoted sergeant needs to go to the sergeants' course, start planning, and once they hit the eight-year mark, put in their package to hopefully pin it on before their 10-year mark," said Plumb.

Secretary of the Navy Instruction 1120.11A establishes the policies and procedures governing the Marine Corps warrant officer program and applies to the regular Marine Corps and the Marine Corps Reserve.

The warrant officer program is used to provide technical and non-technical officer specialists who perform duties that require extensive knowledge of a particular military occupational specialty and can be assigned to successive tours of duty in their primary MOS.

Marine Corps Order 1040.42A states that selection boards comprised of commissioned officers convene annually at Headquarters Marine Corps to select regular and reserve Marines for appointment to the grade of warrant officer.

Plumb got interested in becoming a warrant officer after completing a successful tour as a drill instructor at the Marine Corps Recruit Depot in Parris Island, S.C.

"It always kind of intrigued me," he said. "It's unique."

He started the Military Academics Skill Program before retaking the Armed Services Vocational Aptitude Battery. "It's a real good program," said Plumb. "It covers all aspects of English, and the math portion goes up to geometry. I definitely recommend it to some of the young Marines out there."

Available at all major Marine Corps installations, MASP provides basic academic improvement courses in reading, mathematics and communication skills.

Plumb submitted his package in January 2003. Seven months later he found out he had been selected for appointment.

"The package isn't that hard to put together," he said. "There's a little bit of work, but the payoff is great."

Considered by Plumb as a big boost to his selection was his tour as a drill instructor. "It's a lot like promotion for any rank; you want to be competitive," he said. "A high first class PFT (physical fitness test) is recommended."

Though not every MOS offers the opportunity to apply for appointment as a warrant officer, those who have the opportunity are highly encouraged to submit their package.

"We as Marines have to get out and take the first step," said Plumb.

## Requirements

Per SECNAVINST 1120.11A, to be eligible to apply for the warrant officer program and appointment as warrant officer, applicants must:

- \* Be a citizen of the United States.
- \* Be serving on active duty with a minimum grade of sergeant and not less than eight or more than 16 years of active service.
- \* Be a high school graduate or possess the service-accepted equivalent as prescribed by current directives.
- \* Have no record of conviction by a general, special or summary court-martial, nor have any record of conviction by a civil court for any offense, other than minor traffic violations.
- \* Meet the requisite physical standards for appointment as warrant officer prescribed by the Manual of the Medical Department, Chapter 15.
- \* Have passed the physical fitness test as outlined in Marine Corps Order 6100.31J.
- \* In addition, those seeking a technical warrant officer appointment must possess an Armed Services Vocational Aptitude Battery (ASVAB) Electrical Composite (EL) standard score of 110 or higher; a combined math and verbal score of 900 or higher on the Scholastics Aptitude Test (SAT) or a combined math and English score of 39 or higher on the American College Test (ACT). SAT/ACT test scores must not be older than four years from date of application.

## National Prayer Breakfast



Lance Cpl. Zachary R. Frank

Led by Costa D. Constantinou, music teacher at Delalio Elementary School and Greensboro, N.C., native, students sing at a prayer breakfast held at the dining facility here Thursday. The breakfast commemorated the observance of the National Prayer Breakfast of the United States of America.

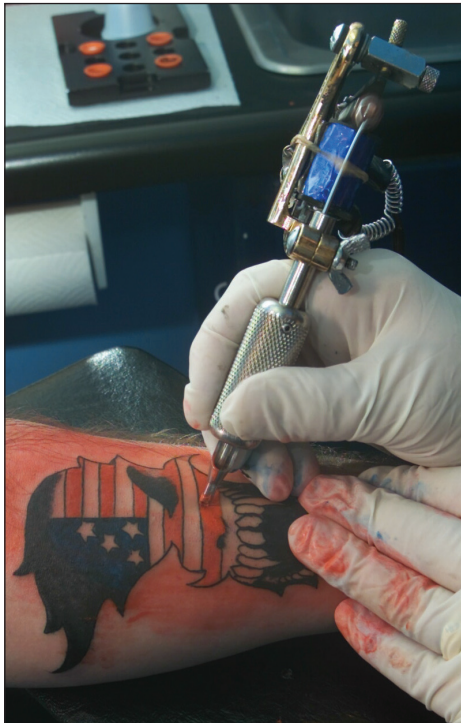
## Washer and dryer giveaway



Sgt. Juan Vara

The New River Commissary, in conjunction with Dial/Purex, is giving away a washer and dryer to a lucky family. Anyone can complete a registration form and deposit it in the drop-off box. The drawing is held Saturday.

# Tattoos mark Marines' individuality



Sgt. Juan Vara

**A tattoo artist draws a "skull-flag" on the arm of a New River Marine at a local tattoo parlor.**

**Sgt. Juan Vara**  
correspondent

From "Chesty" the bulldog, to the skeleton wearing dress blues holding a noncommissioned officer sword six inches away from its skull, to the Ka-bar engraved with the initials U.S.M.C. and two snakes wrapped around it, tattoos are a common thing among Marines.

For years, servicemembers have been, like Dexter Holland and his fellow members of the punk rock band "The Offspring" would say, "gettin' ink done" as reminders of their time served in a specific service, a certain duty station or to show off which parts of the world the same Marines have been to.

Some have the information from their identification tags tattooed onto their rib cage in what is referred to as "meat tags", simply for identification purposes.

Tattoos are acceptable, as long as you stay within the regulations.

According to Marine Corps Order

P1020.34G, Marines are to present the best possible image at all times and continue to set the example in military presence.

Marines are prohibited from tattoos or brands on the neck and head. In other areas of the body, tattoos or brands that are prejudicial to good order, discipline and morale, or are of a nature to bring discredit upon the Marine Corps, are also prohibited.

Sgt. Chris S. McDaniel, a military policeman assigned to the Station Provost Marshal's Office, has been getting tattoos on his body for the past 10 years.

"Tattoos are just something I always wanted," said the Fairborn, Ohio, native. "They were like [potato chips], once you start it, you can't stop."

McDaniel has spent between \$7,000 and \$8,000 on tattoos, and throughout his five and a half years off and on in the Jacksonville area, he has been to every tattoo parlor in town.

On his arms, he has "sleeves"

with multiple images of wild life (right arm) and images related to Native American heritage (left arm). There are a few more tattoos on his chest, and tribal designs can be found on his back and "black and grays" on the legs.

He recommends for those getting a tattoo to make sure it's exactly what they want on their body. "They're on there for life," he said.

Another suggestion McDaniel makes is to ensure to go to a clean facility.

"Most reputable places open the needles out of the package right in front of you," said the former 0351, 'dragon' gunner. "Make sure the area is clean, and they use little ink caps so once they're done they throw them away, and they're not re-using the ink. Also, never go in there intoxicated; alcohol thins your blood, and you'll bleed a whole lot more."

Despite all of the ink on his body, McDaniel has not violated the Marine

*See **TATTOO**, page 13*



# Physical training: Kick those morning blues

**Cpl. Andrew W. Miller**  
correspondent

"PT, physical training, is a very important part of our culture as Marines and without it everything suffers. It is tied to everything we do and demonstrates our self confidence and how we carry ourselves," explained Maj. Bryan K. Wood, Station Provost Marshal and native of Houston.

However, physical training can have a tendency to get monotonous, especially when doing the same three-mile run, a set of pull-ups and crunches three times a week.

Spicing up those early morning hours with some fun and motivating PT only takes a little initiative and maybe a phone call or two.

"We are surrounded by training areas (School of Infantry, Marine Combat Training, Camp Lejeune, etc.) that can be used for PT, and you don't have to be in a school environment to take advantage of them," Wood said. "The only requirement is that you take the initiative to have approval of the S-3 and have a corpsman or 'comm' (communications)."

These areas include confidence courses, obstacle courses, endurance courses and give Marines a break from the pavement pounding here.

"The key is to make a game out of the training and running and let the Marines see different parts of the base that they don't normally see. Sometimes, I even bring out my 12 year-old son as an eye-opener because he beats a lot of them," said Wood. "One of my favorites is the 'hash-run', where a couple of guys lay a trail while the other Marines try to find them. It turns into a big game."

Other things that will help with motivation is to let the upcoming Marines lead PT from time to time.

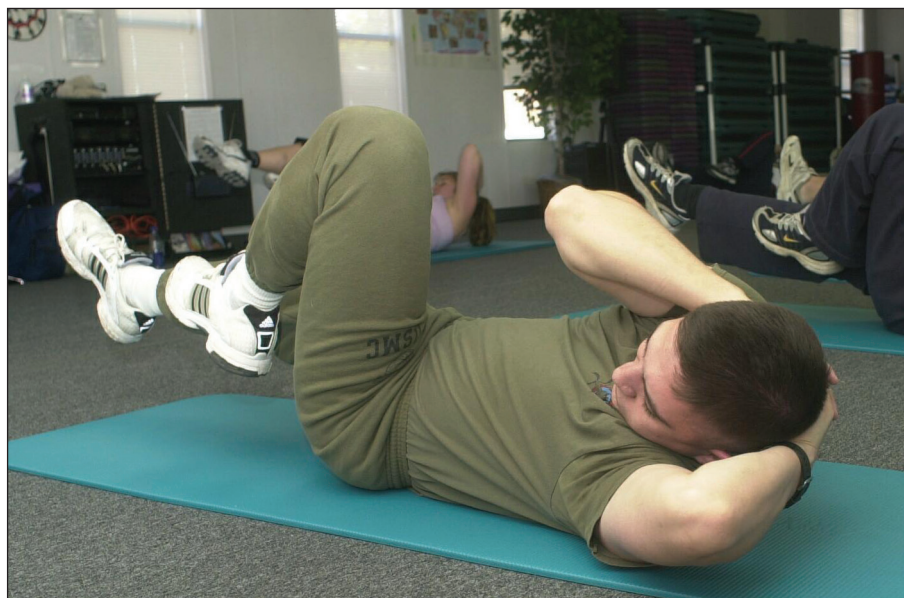
"When I PT with my guys, I get them started off to see the leadership of a field grade officer," he explained. "Then I back off and let the upcoming Marines take over leading with the cadences. They either sink or swim, but it is a tremendous confidence builder."

By trying to mix up the PT schedules, sometimes Marines go the wrong route. Allowing Marines to go to the gym for PT on their own program isn't accomplishing a thing, especially when there are five guys wanting to work out together standing around for an hour waiting for machines or treadmills. This is where Verna Richardson, group exercise supervisor with New River Marine Corps Community Services, comes into play. To schedule unit PT sessions in cross training, aerobics, spinning, belly-burner, stepping and aero-boxing Richardson and her staff can be reached at 449-6003.

"We offer a variety of classes to help break the

monotony and keep the Marines motivated to work out," said Richardson, native of Detroit. "Most importantly, our classes attack other muscle groups and have less impact on the knees."

Ideas to change the morning PT schedule are not hard to come by. Mixing it up a little will not only boost the morale and confidence of the sections, but also target other muscle groups and improve gains.



Lance Cpl. Jeffrey A. Everitt

**Sgt. Eric J. Saulsgiver, an MV-22 airframes instructor at the Naval Air Maintenance Training Marine Unit and Nashville, Tenn., native, participates in a "belly-burner" aerobics class here Thursday. Aerobics classes offer a variety of alternative workouts for Marines.**

## Intramural sports give Marines something to do

**Lance Cpl. Jeffrey A. Everitt**  
correspondent

Since the beginning of time, games have been played to prove men's intelligence, courage and commitment, but these games have evolved from the old feats of strength and battles to the death into the games we now call sports.

Sports and other on-Station activities play an important role in keeping morale high. Nancy Haigh-Stankowski, the athletic director at the New River Marine Corps Community Services and Beauford, S.C., native, is constantly trying to get new sport programs together. She said Marines come into her office all the time with petitions signed by people interested in starting new sports.

Every sport offered by MCCS is part of the Marine Corps Sports Program, which uses Marine Corps

Order P1700.29 as the guideline.

Haigh-Stankowski said that interest in intramural sports begins with the self-directed sports activities and moves on from there. Self-directed sports activities are sports people can play by themselves without a referee, like basketball or racquetball.

Basketball season started Monday with the first night of league play and has three games each Monday, Tuesday and Wednesday for all six to eight weeks of the season, but since re-flooring at the old gym, building AS-202, has closed down, and games are going to be played at the Station fitness center in building AS-4000.

Each unit may choose a team of a specific size, a coach and an assistant coach to submit to Haigh-Stankowski. There are 12 teams so far that submitted rosters from all of the different units here.

The number of teams a unit may

have depends on the unit size. The rosters can be changed at anytime.

When the season is completed, the first and second place teams earn individual trophies. The first, second and third place teams receive team trophies.

According to Haigh-Stankowski, MCCS offers a variety of sports other than basketball, including tackle football, which Haigh-Stankowski said is played alongside with the Marines from Camp Lejeune, flag football, soccer, softball and golf.

MCCS has many individual and intramural sports to choose from, and the list is expanding all the time, but Haigh-Stankowski said everyone is welcome to offer any ideas for sports or sport related activities they would like to see in the future.

To submit any ideas or for information on intramural sports, contact Nancy Haigh-Stankowski at 449-5609.



Lance Cpl. Jeffrey A. Everitt

**Lance Cpl. Exavier A. Evans, a warehouse supply clerk with Headquarters and Headquarters Squadron and Atlanta native, practices his layups Friday, as a way to stay on top of his game.**

# TATTOO

*from page 8*

Corps uniform regulations order. Although, many tattoos have, according to him, "closed some doors for me."

McDaniel said it's now harder for him to get into "B" billets such as a Marine Security Guard, drill instructor or recruiter.

According to the Web site <http://www.ecit.emory.edu/ECIT/visculture/projects/Amy/TattooProject.html>, the first evidence of tattoos is from Ancient Egypt.

From Egypt, the art of tattooing spread to Southeast Asia and China. In Burma, tattooing was used for religious purposes, and in Japan, it was for ornamental purposes.

Tattooing spread through the Pacific Islands and to Australia, where it was used for religious beliefs to denote tribal communities as well as rank and marital status. The Romans used tattoos to denote criminals and slaves.

In 787 A.D., Pope Hadrian I banned tattoos for Christians. The art survived in Britain until 1066, when the Normans, who disapproved of tattoos, conquered England.

Tattoos did not resurface in Western culture in any significant numbers until Capt. Cook began bringing tattooed men from the South Pacific to display in England.

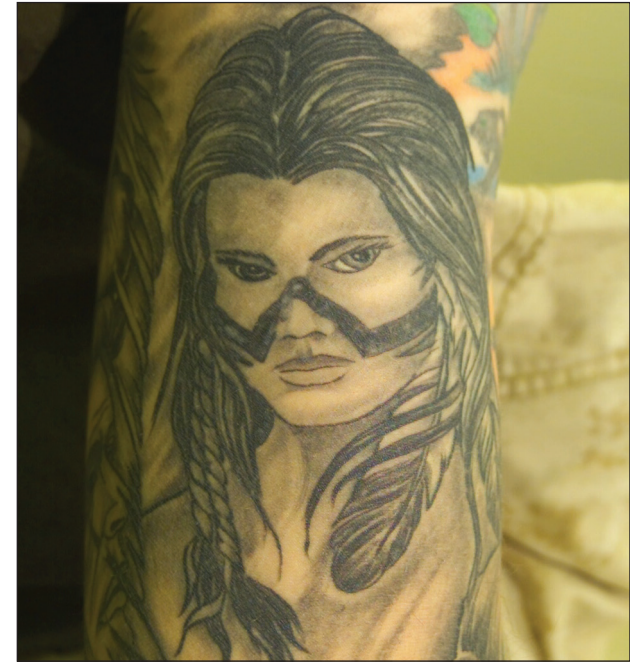
Tattooing spread to America in 1846 when a German immigrant came to America and set up a tattoo parlor.

Tattoos first became popular among Civil War soldiers who got emblems of their fighting unit tattooed on themselves.

Stereotypical American images developed during World War II when soldiers got tattoos that represented courage, patriotism, defiance of death and remembrance of those left behind, such as hearts, snakes, roses, dragons, eagles and ships.

In the late 1960s and early 1970s people wanted more unique tattoos and began getting Oriental, tribal, Hawaiian and Celtic designs. Today, American tattoos, for the most part, are no longer a religious ritual, and they do not denote one's tribal status.

Nowadays, tattoos are mainly for personal and decorative purposes.



Sgt. Juan Vara

**This is one of many tattoos that make up a "sleeve" on the arm of Sgt. Chris S. McDaniel, military policeman.**





Lance Cpl. Steven R. Sawyer

**A CH-53E from Marine Medium Helicopter Squadron-266 (Reinforced) is being loaded with equipment for a deployment in support of the 22nd Marine Expeditionary Unit (Special Operations Capable) Feb. 18. HMM-266 was reinforced with the CH-53E Super Stallions from Marine Heavy Helicopter Squadron-461 to support the needs of the MEU.**



Lance Cpl. Steven R. Sawyer

**A CH-53E from Marine Heavy Helicopter Squadron-266 (Reinforced) taxis down the flightline in preparation for deployment with the 22nd Marine Expeditionary Unit (Special Operations Capable).**

# ‘Fighting Griffins’ lift off with 22nd MEU

**Gunnery Sgt. Keith A. Milks**  
correspondent

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** -- Approximately 2,200 Marines and Sailors of the Camp Lejeune, N.C.-based 22nd Marine Expeditionary Unit (Special Operations Capable) departed Feb. 17 and 18 for a scheduled deployment to the Mediterranean and Persian Gulf regions aboard the amphibious assault ships of Expeditionary Strike Group 2.

The 22nd MEU (SOC) is commanded by Col. Kenneth F. McKenzie Jr., and consists of its Command Element, Battalion Landing Team 1st Bn., 6th Marines, Marine Medium Helicopter Squadron-266 (Reinforced), and MEU Service Support Group 22. These units are coming from Camp Lejeune and Marine Corps Air Stations Cherry Point and New River, N.C.

The MEU's departure marks the first time a North Carolina-based Marine Expeditionary Unit has been forward deployed since the October 2003 return of the 26th MEU. This deployment is also

the first time an Expeditionary Strike Group (ESG) will deploy from the East Coast.

The ESG combines the traditional amphibious assault ships on which a MEU normally deploys with Navy combatant ships including two cruisers, a destroyer and an attack submarine.

Small detachments from the MEU departed earlier during the President's Day weekend to lay the groundwork for the rest of the unit's departure.

The MEU's main body and equipment embarked aboard the amphibious assault ships USS Wasp, USS Whidbey Island, and USS Shreveport via the port at Morehead City and across Camp Lejeune's Onslow Bay.

During its most recent deployment from February to August 2002, the 22nd MEU (SOC) participated in counter/anti-terrorist operations throughout the Central Command theater, including Afghanistan and Pakistan, and conducted humanitarian relief operations in the east African nation of Djibouti.



Sgt. Juan Vara

**Ashton, 2, gives a "thumbs up" to the departing Marines and Sailors walking across the Marine Medium Helicopter Squadron-266 flightline while his father, Lance Cpl. John R. Harris, an ordnance technician with HMM-266 and Jackson, Miss., native, waits for his turn to board a helicopter.**



Sgt. Juan Vara

**Sgt. Donald C. Mitcham, a nondestructive inspection technician assigned to Marine Medium Helicopter Squadron-266 and New York City native, leans against Silvia, his wife, a Kingsville, Texas native, prior to leaving for a deployment with the 22nd Marine Expeditionary Unit (Special Operations Capable).**



Lance Cpl. Steven R. Sawyer

**Lance Cpl. John S. McGinnis, an ordnance technician with Marine Medium Helicopter Squadron-266 and Hamilton, Ohio, native, waits to board a helicopter for his deployment with the 22nd Marine Expeditionary Unit (Special Operations Capable) Feb. 18.**



# Marine Corps makes vulnerable vehicles stronger

**Colie Young**  
correspondent

**MARINE CORPS LOGISTICS BASE ALBANY, Ga.** -- Every day, American and coalition soldiers face attacks by guerrilla forces in Iraq.

These tactics make deadly use of improvised explosive devices, remote-controlled mines, rocket-propelled grenades and small arms fire.

As Marines prepare for a possible return to theater, Marine Corps planners at all levels are working on ways to better protect our forces from these types of attacks.

One key answer is "hardening" or armoring vulnerable wheeled vehicles such as trucks and High Mobility Multi-Purpose Wheeled Vehicles.

Marine Corps Maintenance Centers in Albany, Ga., and Barstow, Calif., are taking the lead by designing and building armored kits to protect much of the Corps' rolling stock.

These kits, built here and shipped to the field for installation, are designed to protect the Marines in the vehicles from explosive blasts, fragments and small arms fire.

"If and when Marines redeploy, we want them to have the best protection possible," said Col. B. G. Lee, Marine Corps Logistics Command's Plans, Policies and Operations director. "The Program Managers at Marine Corps Systems Command have certified the safety of the additional vehicle armor and validated it will not degrade the vehicle's performance."

Hardening vehicles is a prime example of the important new role set by the Commandant of the Marine Corps for Logistics Command, according to R. Ken Trammell, LogCom deputy commander.

"This is operational relevance at its finest," Trammell emphasized.

"If anyone was ever confused by that term, this

type of effort should certainly clear that up. Marine Corps Logistics Command personnel are committed to being a more involved part of in-theater operations," Trammell went on to explain.

According to Col. Peter Underwood, commander at Maintenance Center Albany, maintenance center personnel are working around the clock, seven days a week, to have the armored kits ready when Marines need them.

"Our people have a reputation for getting the job done when time is critical," Underwood said. "We plan to have completed kits ready for the Marines as scheduled."

Underwood added that the response from maintenance center volunteers was "overwhelming" when the call for support came down.

"Their eagerness," he said, "is a testament of the dedication and loyalty they have for our Marines in the field. Every one of us realize the lives of a lot of young Marines depend on the work we do."

Personnel from LogCom's Maintenance Centers; Contracts Department; Supply Chain Management Center; Plans, Policies, and Operations Department; along with members from Systems Command and private industry combined to work the project.

All armored kits will be fully tested prior to shipment.

Many details of what is being done to bolster the vehicles' defenses will still remain classified, according to the PP&O director.

"As we are hardening our rolling stock, we want the details of the armor's capability from getting to the enemy so they can't come up with a way to defeat it," Lee said.

"The special blend of steel armor will simply provide a greater degree of safety for our Marines in the field," Lee concluded.



Colie Young

**Jerry Coffee, MCA quality assurance specialist, places trim strips on the doors of a High Mobility Multi-Purpose Wheeled Vehicle.**

## Recon tests diver propulsion system

**Lance Cpl. Ryan Walker**  
correspondent

**CAMP SCHWAB, Okinawa, Japan** -- Marines of 3rd Reconnaissance Battalion, 3rd Marine Division swiftly ripped through ocean

**"We'll be less dependent on the divers."**

Cpl. John P. Quante,  
reconnaisanceman

waters off the shores of Camp Schwab while beginning the testing and training phases of a new underwater transportation device Jan. 19.

The Diver Propulsion Device, engineered by Stidd Systems, a Green Port, N.Y., company, was developed three years ago and has undergone rigorous tests conducted by NASA and the U.S. Navy Seals prior to its release to Recon Marines on Okinawa.

"Our Marines are very enthusiastic about the potential capabilities and are eager to continue more advanced training," said Staff Sgt. Jeff A. Milburn, reconnaisanceman. "We expect to see it in use immediately with increased use over the next two years."

With a torpedo-like appearance and

weighing in at a mere 168 pounds, the device will be used primarily for rapid insertion and extraction operations once the testing and training phases have been completed.

Specific Marine Corps alterations have been made to make the DPD easier to handle on land, more maneuverable in water, faster, and to increase its operating range, according to Bill Hellman, technical representative, Stidd Systems.

"The device will give us a further insert and extract platform," said Cpl. John P. Quante, reconnaisanceman. "We'll be less dependent on the divers themselves and have the means for long range amphibious operations."

Simple in design, with only a throt-

tle, yoke, compass and energy gauge, the device has a maximum operating depth of 60-feet, with rechargeable battery life of nearly five hours.

"This training is important for us to familiarize the Marines with a piece of gear that will further their abilities," said Quante. "It's a good piece of gear that'll be valuable to our community."

Recon Marines will benefit from the DPD by decreasing fatigue and stress that often accompanies the evasive and dangerous missions they perform.

"We'll use this in combat to take the place of swimming so the diver spends less time in the water, arrives at the operations area more refreshed and is ready to fight," Milburn said.



# Roto View

*What do you think the government should do to Saddam Hussein?*



"He should be tried like everybody else, all the other terrorists."

Cpl. Adriana Hernandez,  
embarking specialist,  
Marine Wing Support Squadron-272  
Irving, Texas



"He is still a person and deserves a fair trial by a court. Just be sure to do it in a state that has the death penalty."

Sojnia M. Woodham,  
Station Marina attendant  
Panama City, Fla.

"He's old and worthless. Whatever he's tried with in a civil court is what he should get nailed with."



Pvt. Eric R. Wawrzenski,  
supply clerk,  
Marine Aircraft Group-29  
Enfield, Conn.

"Get all of the information we can out of him."



Lance Cpl. Keith M. Estes,  
airframes mechanic,  
Marine Light/Attack Helicopter Squadron-167  
Baltimore



"Have him tried by all the countries of the people he persecuted."

Staff Sgt. Darrin D. Gdowski,  
S-6 chief,  
Headquarters and Headquarters Squadron  
Omaha, Neb.



"Just let him rot in a cell. Let him die from his own insanity."

Pvt. Kevin M. Ostrander,  
student,  
Marine Combat Training  
Hornsedale, Penn.

# Marine Corps Weapons:

## AIM-9 Sidewinder guided missile



<http://www.cool3d.co.il>

The AIM-9 Sidewinder is a heat-seeking, short-range air-to-air missile carried by fighter aircraft.

The Sidewinder has a high-explosive warhead and an infrared-heat-seeking guidance system. The guidance section enables the missile to home in on the engine exhaust of target aircraft. An infrared unit can be used day or night in all weather conditions. The infrared seeker also permits the pilot to launch the missile then leave the area or take evasive action while the missile guides itself to the target.

The Sidewinder is made up of five components: the guidance and control section, target detection section, the safety-arming device, the warhead and the rocket motor.

### General Characteristics:

**Introduction date:** 1956

**Function:** Air-to-air missile

**Length:** 2.89 meters

**Diameter:** 5 inches

**Wing Span:** 2 feet 1 inch

**Warhead:** Blast fragmentation (conventional)

**Weight:** 190 pounds

**Range:** Approximately 10 miles

**Speed:** Supersonic

**Cost:** \$41,300

**Guidance System:** Infrared solid-state homing system

**Marine Corps Aircraft Platforms:** AH-1, OV-10, A-6, A-4, F-4, F/A-18

Editor's note: Information for this section was taken from the United States Navy Fact File.



# Take time to thank our veterans

**Lt. Doug McCormick**

Marine Aircraft Group-29 assistant chaplain

Growing up I remember my father always telling me his war stories from World War II and whenever I would go over to my aunt's house, she would tell me the same.

While she was a nurse in North Africa she received a care package from home, which contained a bottle of Coca-Cola. She kept the Coke for a long period of time and was even offered \$1 for it by her commanding officer (Cokes were 5 cents then), and she said no. It was not until her brother was in the area of responsibility that they met up and he was getting ready to go into Normandy that she broke open the bottle and shared with her younger brother.

Today, all three have passed on. The memories and the stories live on. I truly believe we need to take time to listen to our veterans and hear their stories. As a chaplain, I am many times afforded this opportunity when I speak at other churches or at the American Legions. I am awed at their stories as well as thankful for their service.

Some of my favorite passages in the New Testament are John 21:1-20. They have especially become more real to me while serving with the Marines. As Jesus said to Peter for the final time, "Then feed my sheep. The truth is, when you were young, you were able to do as you liked and go wherever you wanted to. But when you are old, you will stretch out your hands, and others will direct you and take you where you don't want to go." Jesus said this to let him know what kind of death he would die to glorify God. Then Jesus told him, "Follow me."

First and foremost I want to thank all of the veterans and active duty members who have also heard

this call. They were risking giving up their lives for God and country - for families and friends. Many veterans know friends and comrades who died for this cause. I would like to say thank you. Secondly, I ask you to pray for our military forces that are forward deployed in harm's way in foreign lands. I will end this with a tribute to veterans written by Father Denis Edward O'Brian, a Marine Corps chaplain.

## WHAT IS A VETERAN?

Some veterans bear visible signs of their service: a missing limb, a jagged scar, a certain look in the eye. Others may carry the evidence inside them, a pin holding a bone together, a piece of shrapnel in the leg - or perhaps another sort of inner steel: the soul's alloy forged in the refinery of adversity.

Except in parades, however, the men and women who have kept America safe wear no badge or emblem. You can't tell a vet just by looking.

What is a vet? A vet is the cop on the beat who spent six months in Saudi Arabia sweating two gallons a day making sure the armored personnel carriers didn't run out of fuel.

A vet is the barroom loudmouth, dumber than five wooden planks, whose overgrown frat-boy behavior is outweighed a hundred times in the cosmic scales by four hours of exquisite bravery near the 38th parallel.

A vet is the nurse who fought against futility and went to sleep sobbing every night for two solid years in Da Nang.

A vet is the prisoner of war who went away one person and came back another - or didn't come back at all.

A vet is the drill instructor who has never seen combat - but has saved countless lives by turning

slouchy, no-account punks and gang members into Marines, airmen, Sailors, soldiers and Coast Guardsmen, and teaching them to watch each other's backs.

A vet is the parade-riding Legionnaire who pins on his ribbons and medals with a prosthetic hand.

A vet is the career quartermaster who watches the ribbons and medals pass him by.

A vet is the three anonymous heroes in The Tomb Of The Unknown, whose presence at the Arlington National Cemetery must forever preserve the memory of all the anonymous heroes whose valor dies unrecognized with them on the battlefield or in the ocean's sunless deep.

A vet is the old guy bagging groceries at the supermarket - palsied now and aggravatingly slow - who helped liberate a Nazi death camp and who wishes all day long that his wife were still alive to hold him when the nightmares come.

A vet is an ordinary and yet extraordinary human being, a person who offered some of his life's most vital years in the service of his country, and who sacrificed his ambitions so others would not have to sacrifice theirs.

A vet is a soldier and a savior and a sword against the darkness, and he is nothing more than the finest, greatest testimony on behalf of the finest, greatest nation ever known.

So remember, each time you see someone who has served (or serves) our country, just lean over and say, "thank you."

That's all most people need, and in most cases it will mean more than any medals they could have been awarded or were awarded. Two little words that mean a lot, "thank you."

## Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) is designed to provide assistance to active duty personnel with a family member who has special needs before, during and after relocation due to Permanent Change of Station orders.

An exceptional family member is a family member residing with the sponsor who may require special medical or educational services based upon a diagnosed physical, intellectual or emotional need.

Common misconceptions about the EFMP:

1. *"I will be labeled. My record will be flagged."*

Information regarding an EFMP enrollment will appear only in the

exceptional family member's records and the EFMP management files of the Headquarters Marine Corps assignment branches. EFMP registry will not be an element of the Manpower Management System, your individual record book or your records at your parent command.

2. *"I will be forced into assignments that will hinder my promotions and career opportunities."*

EFMP sponsorship will not prejudice your advancement or assignment opportunities. For example, if you are due for a PCS, the EFMP enrollment will simply ensure that you are in an area where the special needs of your family member can be met. Also, you always have the option of accepting an assignment while your family is sup-

ported in another location.

3. *"As an EFMP sponsor I am non-deployable."*

The EFMP has no impact on your deployment responsibilities. You will still carry out your overseas-unaccompanied tours, unit deployment rotations and standard deployments without interruption. Early returns from deployments or failure to execute orders will fall under the provisions of humanitarian transfers.

4. *"Enrollment in the EFMP will allow me to select a duty station."*

The EFMP ensures that you will be assigned to a location where appropriate services exist to support the special needs of your family, while still meeting the needs of the Marine Corps. If

the monitor's "first pick" assignment is not suitable, the EFMP manager will examine the most recent case information and try to determine the best assignment based on the needs of the Marine Corps, your career pattern, and the special needs of your family.

5. *"I will not be eligible for an overseas accompanied assignment as an EFMP sponsor."*

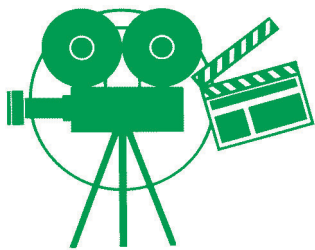
Overseas screening is the same for all families anticipating accompanied orders. If the overseas receiving location can meet the special needs of the family, then you may be assigned to an accompanied overseas assignment.

For more information contact Thomas J. Gonsalves at the Station Family Services Center at 449-5251.

# Get on Schedule with the Station Theater

Get in free with military  
identification.

The theater snack bar opens 30 minutes  
before the first movie and closes 45 min-  
utes after the last movie begins.



Movie times are subject to change.  
For more information, call the Station  
Theater at 449-6292 or 449-6528.

Wed. 25 Feb.	9 a.m.	Shattered Glass	PG-13	99 min.
	7 p.m.	Paycheck	PG-13	110 min.
Fri. 27 Feb.	7 p.m.	Shattered Glass	PG-13	99 min.
	9:30 p.m.	Mona Lisa Smile	PG-13	115 min.
Sat. 28 Feb.	7 p.m.	Peter Pan	PG-13	113 min.
	9:30 p.m.	Mona Lisa Smile	PG-13	115 min.
Sun. 29 Feb.	3 p.m.	Peter Pan	PG-13	113 min.
	6 p.m.	Torque	PG-13	81 min.
Mon. 1 March	7 p.m.	Shattered Glass	PG-13	99 min.
Wed. 3 March	9 a.m.	Mona Lisa Smile	PG-13	115 min.
	7 p.m.	Torque	PG-13	81 min.
Fri. 5 March	7 p.m.	Teacher's Pet: The Movie	PG	74 min.
	9:30 p.m.	Cheaper by the Dozen	PG	99 min.

## LCTV-10 Schedule



**Feb. 27 - March 4**

<u>Show Title</u>	<u>Show Time</u>	<u>Show Title</u>	<u>Show Time</u>
Tools of the Trade	7:30 a.m.	Martin Luther King Jr.	6:30 p.m.
The Morning Report	8 a.m.	Montford Point	7 p.m.
Of Fire and Ice	8:30 a.m.	The Morning Report	7:30 p.m.
Your Corps	9 a.m.	Air Force News	8 p.m.
Ambassadors in Blue	9:30 a.m.	Tools of the Trade	9 p.m.
Naval Aviation Sytems Team	10 a.m.	Of Fire and Ice	9:30 p.m.
Central Americans	10:30 a.m.	Ambassadors in Blue	10 p.m.
Air Force News	11 a.m.	Naval Aviation Systems Team	10:30 p.m.
The Morning Report	12 p.m.	Navy/Marine Corps News	11 p.m.
Martin Luther King Jr.	12:30 p.m.	The Morning Report	11:30 p.m.
Navy/Marine Corps News	1 p.m.	Army News	12 a.m.
Montford Point	1:30 p.m.	Air Force News	12:30 a.m.
Of Fire and Ice	2 p.m.	Central Americans	2 a.m.
Tools of the Trade	2:30 p.m.	Martin Luther King Jr.	2:30 a.m.
Your Corps	3 p.m.	Montford Point	3 a.m.
Navy/Marine Corps News	3:30 p.m.	Navy/Marine Corps News	3:30 a.m.
The Morning Report	4 p.m.	Tools of the Trade	4 a.m.
Ambassadors in Blue	4:30 p.m.	The Morning Report	5 a.m.
Naval Aviation Systems Team	5 p.m.	Of Fire and Ice	5:30 a.m.
Army News	5:30 p.m.	Ambassadors in Blue	6 a.m.
Central Americans	6 p.m.	Naval Aviation Systems Team	6:30 a.m.
		Central Americans	7 a.m.